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Capital Caring Health Hosts Drive-By Birthday Celebration For 105-Year-Old Army Veteran, Robert Cox

By AMY SHIELDS
Capital Caring Health

PRINCE GEORGE'S COUNTY, Md. (June 8, 2020)—Residents in a tight-knit community in College Park, Maryland, recently joined Capital Caring Health to help celebrate the birthday of one of the organization's oldest patients, Mr. Robert Cox, who turned 105 years old on Thursday, June 4.

Mr. Cox resides at Angel Assisted Living in College Park. His team of caregivers made special plans and invited guests to drive by his home, honk their horns, cheer and wave while Mr. Cox

was seated on his patio during the celebration. The event kicked off with the jubilant sound of sirens as members of the Branchville Volunteer Rescue Squad and nearly a half dozen Prince George's County Police drove through the event one-by-one to wave and offer their birthday wishes. Representatives from the Maryland Veterans Commission, presented a special State of Maryland Governor's Citation during the event. Members of the Cheverly and Maryland American Legion made a special presentation and active duty military who are also Capital Caring Health Volunteers were in attendance to mark this special occasion including Warrant Officer William Fearington and SFC Lourdes Minor.

About Robert Cox
Mr. Cox served in the Army during World War II and the Korean War. After 20 years of service, he left the Army in 1962 at the rank of Master Sergeant. He was married for 65 years. Mr. Cox loves jazz music, listening to the news on his radio, and he enjoys when the Bible is read to him.

Capital Caring Health is the largest non-profit provider of elder health, advanced illness, hospice, and at-home care services for the Maryland, Virginia, and Washington, D.C. area. We provide quality care where people live, supporting dignified, independent aging. Visit capitalcaring.org or call our 24-Hour Care Line at 1-800-869-2136.



AT LEFT: Proclamation from Governor
ABOVE: American Legion Post Salute
AT RIGHT: Branchville Volunteer Fire Company

PHOTOS COURTESY CAPITAL CARING HEALTH

Help the Library Archive the County's 2020 Pandemic Experience

By DONNA SCOTT-MARTIN
PGCMLS

LARGO, Md. (June 12, 2020)—The Prince George's County Memorial Library System (PGCMLS) announces a new community-based digital collection called "Archiving the Pandemic," which seeks crowdsourced contributions to document the local response to COVID-19. The events of 2020 are transforming the country, and the resilience and unity in Prince George's County is visible on a daily basis. All Prince Georgians have an important role in helping the Library document the history the community is living right now so that future generations will have a better understanding of this time.

The shared experience of living through the COVID-19 pandemic has touched all Prince Georgians. Despite this connection,

it can be difficult for a community to reflect upon what it is facing in the moment. Community members may share their stories, photographs, artwork, music, short videos, audio testimonials, crafts, virtual hangout screenshots, recipes, and more with the Library to establish a community digital archive.

Many personal experiences from the 1918 influenza pandemic—that recount the devastation, pain, loss, and resilience during the crisis—have been lost to history. "Archiving the Pandemic" will ensure that the personal stories related to the COVID-19 pandemic here in Prince George's County stand the test of time.

After the Library's buildings reopen, "Archiving the Pandemic" will be featured in the Prince George's Room of the new Hyattsville Branch Library, which will open in 2021. The digital collection will

also have a permanent place in the Library's archival collections. The Library will display a selection of submissions on pgcmls.info and social media beginning in summer 2020.

How to Submit to "Archiving the Pandemic"

Please complete the online form (www.pgcmls.info/archive-submission) and email submission files to pr@pgcmls.info with the subject line "Archiving the Pandemic." By submitting, participants authorize PGCMLS to include content in its digital archive and any current and future third-party non-commercial digital archives. Review the terms of submission: https://pgcmls.info/images/pdfs/pgcmls/Terms_Archiving_the_Pandemic.pdf

Cardin, Van Hollen, Colleagues Urge Senate Leadership to Give Higher Education Students and Institutions Much-Needed Relief in Upcoming COVID-19 Legislation

WASHINGTON (June 12, 2020)—U.S. Senators Ben Cardin and Chris Van Hollen (both D-Md.) joined colleagues in urging Senate leadership to include \$47 billion in financial support for students and institutions of higher learning in the upcoming coronavirus relief package.

"Higher education provides a ladder of economic opportunity to our nation's students while also building a globally competitive workforce. Colleges and universities are also pillars of communities," the senators wrote in their letter to Senate Majority Leader Mitch McConnell and Minority Leader Chuck Schumer. "Across the entire higher education sector, institutions last year directly employed 3.6 million individuals. Additionally, research universities are at the forefront in searching for scientific solutions to some of society's greatest challenges, including COVID-19. These immense contributions to society are at grave risk without additional support."

"Students are facing complex financial emergencies that threaten their ability to remain on their path to degree completion," the senators continued. "The needs are particularly pronounced for students of color, low-income students, veterans, and first generation college students. Colleges and universities have taken immediate steps to protect individual health by shifting to remote learning platforms so students can maintain academic progress during the disruption, but face massive increases in expenses combined with a precipitous decline in revenue."

In their letter, the senators also emphasized the substantial costs and losses already faced by institutions of higher education as enrollment declines and state cuts jeopardize the financial vitality of schools. To meet the needs of these schools and their students during this tumultuous time, the senators requested that significant additional emergency relief be provided by Congress, and that schools receive the flexibility they need to use the funding most effectively within their communities.

"This funding will be critical to universities and students that now face dire financial circumstances. I would like to sincerely thank the Senators for fighting for financially vulnerable students and working to ensure that they continue to have the opportunity to obtain their degrees," said University of Maryland College Park President Wallace D. Loh.

See HIGHER EDUCATION STUDENTS Page A8

Prince George's County Council Passes Legislation To Protect Renters During Pandemic

By MONICA YOUNG
Office of Council Member Jolene Ivey

UPPER MARLBORO, Md. (June 12, 2020)—Meeting remotely, the Prince George's County Council passed emergency legislation Tuesday, June 9 introduced by Council Member Jolene Ivey (D-District 5) that will further protect renters during the pandemic. The bill was cosponsored by all members of the Council, and passed unanimously. The bill supplements the state's ban on COVID-19-caused evictions by prohibiting rent increases, and suspends penalties and late fees for any renter in arrears, effective for 90 days after the end of the state-of-emergency. The bill encourages the establishment of payment plans for those renters who are behind

in their rent, and is effective retroactively to the beginning of Maryland's state-of-emergency, which was declared March 5, 2020. Eviction protection is currently in effect until August 31.

"I'm proud to stand with my colleagues on the County Council to help protect renters in our county, the county hit hardest by the coronavirus in the state," said Council Member Ivey. "At a time when so many have been affected both physically and financially, the last thing anyone needs right now is the threat of losing the roof over their heads. During this time of great stress, I'm glad the Council has relieved county renters from worrying about late fees and rent increases, and encouraged the setting up of payment plans to help renters recover after the state-of-emergency ends," she said.

INSIDE

Summer Months Usher in Deadliest Period For Teen Drivers

"Make no mistake about it, parents play an integral role in when and if their children drink alcohol," said Kurt Gregory Erickson, WRAP's President. "These tips are simply meant to reinforce their efforts to foster a healthy and safe summer for them and their teenage children."

Community, Page A3

To Be Equal: It's Time For Congress to Eradicate the Last Legal Vestige of Lynching and Pass the Justice in Policing Act

This Congress must decide whether this is a 1922 moment, or a 1965 moment.

Commentary, Page A4

New PPP Rules Changes Give Small Businesses More Options

June 30, 2020 remains the last date upon which a PPP loan application can be approved.

Virtual Events

6 Tips for Refinancing Your Mortgage
Business and Finance, Page A5

Recommended: COVID-19 Testing For Mass Protest Attendees

CVS Health Expands COVID-19 Testing in Maryland

State Fire Marshal Offers Grilling Safety Tips

Health and Safety, Page A6

University of Maryland Student Publishes Book to Inspire Others To Keep Working Amidst the Pandemic

While working diligently towards becoming an orthopedic physician in the future, he is living out one of his passions in free-lance personal training.

Health and Wellness, Page A7

TOWNS and NEIGHBORS

In and Around Morningside-Skyline

by Mary McHale 301-735-3451

Morningside moves Fourth of July fireworks to October

In his Letter to the Town, Mayor Benn Cann writes, "We all want to get back to the monthly events that you so much enjoy. However, out of an abundance of caution, the Council and I have decided to cancel all 4th of July festivities.

"The annual fireworks normally scheduled have been postponed to National Night Out on October 6. My hope is that October will have fewer restrictions on Town Celebrations."

Mayor Cann also reminds Morningsiders that the May election of two Council Seats has moved to Monday, July 27. Eligible voters can request an absentee ballot by writing to Town of Morningside Election Board, 6901 Ames St., Morningside, MD 20746 or by calling 301-736-2300 and leaving a callback number.

Firehouse getting face-lift

The Morningside Volunteer Fire Department is beginning the process of an approximately \$800,000 renovation.

The original firehouse was built in the 1950s. Through the years, a number of additions have expanded its capacities and capabilities, but now it needs major updating.

The project will include renovation to the exterior, which will improve street appeal, and the widening of the existing garage doors to accommodate larger apparatus. The improvements will include a new kitchen, bar floors, training room and foyer to welcome the public.

Academia

Sarah McHale graduated from Long Reach High School, Howard County, in a Virtual Commencement Ceremony on June 9. She's the daughter of my son John and Michelle McHale, of Columbia. She'll be at UMBC (University of Maryland, Baltimore County) in the fall. Congratulations, Sarah, I'm so proud of you!

Dr. Falecia D. Williams is the newly-selected 9th president of Prince George's Community College.

Jill Rison, art teacher at St. Mary's School in Bryantown, has been awarded the 2020 Golden Apple Award for excellence in teaching and commitment to quality Catholic education. The Golden Apples are awarded by the Archdiocese of Washington.

The Landing in Clinton update

This list comes to you from The Mayor of Clinton (she is unofficial but very active). She encourages you to patronize the open businesses: Aldi, Panera Bread, Chick-Fil-A, Firehouse Subs, Tropical Smoothie Cafe, Marco's Pizza, Quickway Hibachi, and Clinton Dollar Store. And there is more to come:

- Marshall's grand opening is this summer (exact date TBD).
- As soon as non-essential businesses are permitted to reopen, both Salon Plaza and Five Star Beauty will have their grand openings. Salon Plaza is already backed up on appointments, which is a great sign that the local community is ready to support them. Five Star Beauty (formerly Beauty Mart) is opening in an entirely new space and has more than doubled its size. It has an entirely new upgraded aesthetic and has substantially expanded its merchandise.
- Construction has commenced on a new Navy Federal Credit Union bank branch with opening scheduled for the end of the year.
- New multiple restaurant options will be announced as soon as leases are finalized.
- Active Physical Therapy remains open for those that need rehab/PT.

Changing landscape

Morningside is adding two new Ford Explorers to the Town police fleet. One will be marked. One will be unmarked.

When I was a kid, Necco Wafers was my favorite candy. I thought about them again, after many, many years, when I read in Time that Necco Wafers are returning to store shelves after a hiatus following bankruptcy. By the way, they were first created in 1847.

Hilmer Krebs, FBI agent

Hilmer Henry Krebs, 105 (!), formerly of District Heights, who served his country as a Metropolitan Police officer, White House Police Officer, U.S. Coast Guardsman and Special Agent of the FBI, died April 5 at his home in Springfield, Va.

He grew up on a farm in Texas, graduated from Texas College of Arts & Industries, headed for Washington, met and married Alice May Robinson.

Alice, his wife of 50 years, and son Richard predeceased him. Survivors include sons Raymond and Lawrence, grandchildren and great-grandchildren. He was active in the Presbyterian Church and the Masonic Order.

Hilmer served with the FBI during the years my husband Jack was also an agent.

Mary Byus, a lifetime of nursing

Mary Byus, 82, evening supervisor at Mariner Health of Southern Maryland nursing home in Clinton, died April 9 at her home in Temple Hills.

She was born Mary Jane Chase in Mechanicsville. In the early years of her career, she was a nurse at Providence Hospital, D.C. General Hospital, Freedmen's Hospital and St. Elizabeths.

She was a member of Holy Family Church in Temple Hills.

May they rest in peace

Father Bernard Ihrle, former pastor at St. Philip's and other parishes, died June 6. His Mass of Christian Burial was celebrated in private at St. Philip's on June 13 and burial is at Gate of Heaven Cemetery. I'll tell you more about his life in a future column.

Donald Chris "Biff" Cline, formerly of District Heights and a 1965 Suitland High graduate, died recently in Florida. He was a Vietnam vet and a boxer in the D.C. area. Survivors include his ex-wife Jamie and daughter Kara.

Natale Rocco "Dino" Vinciguerra, 87, of Forestville, a CPA and business

See MORNINGSIDE Page A8

Brandywine-Aquasco

by Audrey Johnson 301-922-5384

CLINTON UNITED METHODIST CHURCH 2020 GRADUATES

Congratulations Class of 2020. Graduates for 2020 are as follows: Kindergarten to First Grade are Elena Gatling, C Paul Barnhardt School, Waldorf, Maryland, Parent-Donovan Cain, Grandparent-Donna Cain. Atara Serene Scott-Bourne, Overlook Full Spanish Immersion School, Temple Hills, Maryland, Parents-Dazjhe Scott and Yannick Bourne, Grandparents-Trevor, and Denise Reid-Bourne. Madison Rae Stroman, E.L. Haynes Public Charter School, Washington, DC, Parents-William, III and Quivianna Stroman, Grandparent-Rev. Dorothea Belt Stroman.

Middle to High School students are Rendell E. Crawford, Benjamin D. Foulois Creative & Performing Arts Academy, Morningside, Maryland, Parents-Ronald, and Evangeline Crawford. Madison Falby, Murray Hill Middle School Laurel Maryland, Parents-Alysia Falby and Curt Falby, Grandparents-Elvin and Joan-Falby. Uchenna Okoro, Mattawoman Middle School, Waldorf, Maryland, Parents-Simone and Chimela Okoro, Aunt and Uncle-Chidi and Ike Mbakwae. Keinel A. Peralta, Stephen Decatur Middle School, Clinton, Maryland, Parent-Khia Knight, Grandparent-Luz Knight.

High School Graduates are Jameel Hinton, Croom High School, Upper Marlboro, Maryland, Parents-Saddiq and Felicia Hinton, Grandparent-Khadija Hinton Hakim. Madison Rae Johnson, Oxon Hill High School, Oxon Hill, Maryland is going to Towson State University, Towson, Maryland to major in Chemistry, Parents-Derrick and Kim Johnson, Close family friend of Raymond Porchea. Trevor Glen King, Huntingtown High School, Huntingtown, Maryland will be attending College of Southern Maryland, Prince Frederick, Maryland. Parent-Glen King, Grandparents-Betty, and Buddy King. Jayne Pilch, Woodson High School, Fairfax, Virginia will be attending Christopher Newport College, Norfolk, Virginia. Parents-Mark and Susan Pilch, Grandparents-Esther, and Joe Neckere. Gene O'Bryan Pratt (Bryan) Surrattsville High School, Clinton, Maryland will be attending Prince George's Community College, Largo, Maryland, Parent-Mecca Hinton, Grandparent-Khadija Hinton Hakim. Chandler Sanaa Ransome, Central High School, District Heights, Maryland will be attending North Carolina A&T University, Greensboro, North Carolina with a Major in Psychology, and minors: Dance and French, Parents-Sonja, and Christopher Ransome. Taylor Rayne Terry, Long Reach High School, Columbia, Maryland will attend Mt. Saint Mary's University, Emmitsburg, Maryland with a Major in Art & Psychology. Parent-Safiya Terry Joseph, Grandparents-Judy, and William Terry.

College Graduates are Brittany Baker, University of Maryland

Eastern Shore, Princess Anne, Maryland, Major: Exercise Science, Parents-Wayne and Beverly Baker, Grandparent-Barbara Washington. Lauren A. Crawford, Hollins University, Roanoke, Virginia, Major: Environmental Science, Parents-Ronald, and Evangeline Crawford. Abby Nicole King, Liberty University, Lynchburg, Virginia, Major: Religion with Next Generation Specialization, Grandparents-Betty, and Buddy King. Jordan Avery Pratt, Greensboro College, Greensboro, North Carolina, Major: Psychology, Parents-Joseph, and Patrice Pratt. Abena (Abi) Acheampong, daughter of Janet & Elton Smalling, College of Southern Maryland with associate Degree in Nursing. She has her RN and will start her career at Medstar Southern Maryland Hospital Center in Labor and Delivery in July.

PRINCE GEORGE'S COMMUNITY COLLEGE

Council Chair Todd M. Turner welcomes New Prince George's Community College President, Dr. Falecia D. Williams. The Prince George's County Council extends a warm welcome to the newly selected ninth president of Prince George's Community College, Dr. Falecia D. Williams. Dr. Williams will assume responsibilities in August 2020, prior to the start of the fall semester. CouncilMedia@co.pg.md.us.

CHRIST UNITED METHODIST CHURCH

A special thanks to the dedicated AV Team at Christ United Methodist Team. They show up each week to facilitate the livestream broadcast. They are essential and appreciated. 9 a.m. - Livestreaming from Christ UMC via YouTube. Channel name is: ChristUMCAquasco. The AV/Music Team adheres to the rule 10 persons in a church guideline given by recording.

NOTTINGHAM MYERS UNITED METHODIST CHURCH

Join us for our 11 a.m. Zoom Worship hosted by Nottingham Myers Church. Join our Zoom Worship by clicking on the link <https://zoom.us/j/844083511>, meeting ID: 844083511. Those without technology please call 1-929-205-6099.

RECORDING ACADEMY

Congratulations to Tamara Wellons (99) former Miss Bowie State, and Anshia Crooms (05) who were recently elected as 2020 vice president and secretary, respectively for the Washington D.C. Chapter of the Recording Academy (GRAMMYS).

The Recording Academy is the World's leading society of music professionals and the D.C. Chapter engages the wide-ranging music communities in Maryland, Virginia and the Washington, D.C. Metropolitan area, working with varied genres including rock, Latin, hip-hop, R&B, go-go, folk, classical and jazz. The D.C. Chapter is a vital connection and touchstone for music makers throughout the Mid-Atlantic region.

Around the County

Cheverly Mayor and Council Make History With Unanimous Vote to Strip Plantation From Town Seal

On the evening of June 11, 2020, at 9:05 p.m. Cheverly's Mayor and Town Council made history, with a unanimous vote for the immediate removal of the Cheverly Town seal.

The seal, dating from the Town's incorporation in 1931, featured Mount Hope, a former slave plantation. Kayce Munyeneh, Councilmember Ward 4, along with former Councilmember, Dana Hallman, led the community call for the seal's removal, with the full support and testimony of the home's current owners and longtime Cheverly residents, Liz Tuckermanty and Dale Manty. Councilmember Munyeneh brought forward the motion, which was seconded by Councilmember Ward Five, Jennifer Garcia. Some seventy Cheverly residents joined the virtual Town Meeting to witness the historic vote, and community members offered powerful oral testimony in support of immediate action. Work has commenced to execute the removal of the Town seal from all uses and platforms outside of historical records.

The June Town meeting was broadcast live, supported by ASL interpretation and live captioning, and was recorded for future access via the Town of Cheverly's website, <https://www.cheverly-md.gov>.

Local Students Honored

UW-Madison Announces Spring Dean's List

MADISON, Wis. (June 11, 2020)—The University of Wisconsin-Madison has recognized students named to the Dean's List for the spring semester of the 2019–2020 academic year.

Students who achieve at a high level academically are recognized by the dean at the close of each semester. To be eligible for the Dean's List, students must complete a minimum of 12 graded degree credits in that semester. Each university school or college sets its own GPA requirements for students to be eligible to receive the distinction. Most call the honor "dean's list", but some grant the "Dean's Honor List" and "Dean's High Honor List."

To view an online listing, visit http://registrar.wisc.edu/deans_list.htm. For questions or concerns about eligibility, please contact deanslist-registrar@em.wisc.edu

Here are the students from your circulation area who have received this honor:

Bowie, MD: **Gammon Gresham**, College of Letters and Science, Dean's List; **Carmyn Hayes**, College of Letters and Science, Dean's List

Brandywine, MD: **Kevin Crosby**, Col of Agricultural & Life Sci, Dean's List

Hyattsville, MD: **Phuoc Nhan**, School of Nursing, Dean's Honor List

Laurel, MD: **Niya Beverley**, School of Education, Dean's List

—Mike Klein, University of Wisconsin-Madison

Local Residents Named to William & Mary Dean's List

WILLIAMSBURG, Va. (June 11, 2020)—The following residents were recently named to the Dean's List at the College of William & Mary for the spring 2020 semester:

Bowie, MD: **Summer Burris**

Ft Washington, MD: **Delharty Manson**

Hillcrest Heights, MD: **Malcolm Spencer**

In order to achieve Dean's List status, a full-time degree seeking undergraduate student must take at least 12 credit hours and earn a 3.6 Quality Point Average during the semester.

William & Mary is the second oldest institution of higher learning in the United States.

—Claudette Brooks, College of William & Mary

Jessica Trowell Named to Dean's List at Bethel University

ST. PAUL, Minn. (June 10, 2020)—**Jessica Trowell**, a Senior at Bethel University in St. Paul, has been named to the Dean's List for academic excellence for the spring 2020 semester. She is the daughter of Jennifer Trowell from Clinton, MD.

The Dean's List honors students who achieve an outstanding scholastic record during a semester with a grade point average of 3.6 or greater.

—Office of Marketing and Communications, Bethel University

Sam Houston State University Spring 2020 Graduates

HUNTSVILLE, Texas (June 9, 2020)—The following area student will receive degrees during the Spring commencement ceremonies at Sam Houston State University in Huntsville, Texas.

Clinton, MD: **Staci Wilburn**, BFA - Bachelor of Fine Arts, Dance

—Emily Schulze Binetti, Sam Houston State University

Spring Arbor University Announces Spring Graduates

SPRING ARBOR, Mich. (June 8, 2020)—The following student graduated from Spring Arbor University:

Bowie, MD: **Coleen Hennig**, Master of Strategic Communication & Leadership

—Katlyne Heath, Spring Arbor University

Accokeek Resident Graduates from Saint Anselm College

MANCHESTER, N.H. (June 5, 2020)—On May 16, what would have been the class of 2020's commencement day, Saint Anselm College celebrated its graduating seniors with a Celebration in Honor of the Completion of Graduation Requirements. The event streamed live from the Abbey Church where College President Joseph A. Favazza, Ph.D., addressed the class and then certified that they had completed their graduation requirements. Dean of the College Mark Cronin, Ph.D., then read each of the 483 graduates' names.

Kimothy Bynum of Accokeek, MD, was conferred the degree of Bachelor of Arts in Criminal Justice.

At the lectern in the Abbey Church, Dr. Favazza reminded the graduates of five things he hoped they would recall as alumni of Saint Anselm College. He told them to be thankful; remember they aren't the center of the universe; being smart is less important than being kind; great lives include failure; and, finally, there are three things that last: faith, hope, and love. In addition he stated, "Remember, your Saint A's experience has taught you to figure what is worth believing in, hoping for, and loving, and what is not." "You have made us proud as students; you will make us proud as alumni."

The college community worked diligently to provide the class of 2020 with an experience that would not replace their commencement but would celebrate their accomplishments until their in-person graduation exercises occur at a later date when the coronavirus has subsided to the point where a large gathering would be possible.

—Paul Pronovost, Saint Anselm College

COMMUNITY

The American Counseling Association's Counseling Corner

Will a Driving Vacation Be Safe This Year?

Summer vacation planning has become a more demanding challenge for many this year. As parts of the country begin to open up, many people are anxious to escape from having been locked down at home and to be someplace different for a while.

Past vacation choices might have meant considering travel overseas or a flight to another part of this country. This year the planning and possible destinations for most of us will probably require different choices. Road trips are the likely choices for many.

If it's possible, getting away for even a short trip can be a good idea. If your family has been on lockdown for most of the spring, a little time away and some enjoyable distractions can bring a number of benefits.

All the time being quarantined has helped to raise the family tension levels for many of us. Research has shown that even a little vacation time can help us feel more relaxed and less stressed. A vacation trip is not only a chance to do something different, but it offers opportunities to focus on things that are a distraction from the constant health worries of these past few months. Vacations, in general, have been shown to help fight depression and reduce stress levels. When done right, they can be especially helpful in light of the troubling and scary times we have all been facing.

Of course, planning a vacation trip these days can present its own stress and anxiety-producing problems. There are still many questions and worries about commercial airline travel. Will a possible destination, like a beach or theme park, even be open and safe?

There may also be worries, if overnight stays are involved, as to how safe hotels are going to be. Fortunately, all of the hotel chains report they're making special CDC recommended cleaning and distancing changes to insure the well-being of their staffs and guests.

While not everyone will want to, or should want to, get away from home this summer, if done right a vacation getaway can help you feel more relaxed. It can be a chance for something different, or perhaps the opportunity to catch up with friends or relatives that haven't been seen in some time.

Do some research to keep your vacation trip planning as safe and simple as possible and you could find a vacation trip this summer is the relaxing change you need.

Counseling Corner is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.

Summer Months Usher in Deadliest Period For Teen Drivers

Greater Washington Nonprofit urges parental involvement this summer in preventing teen drinking

By TAMMY WAN
WRAP

15-20 YEAR OLDS KILLED IN MOTOR VEHICLE TRAFFIC CRAHSES BY MONTH OF CRASH AND YEAR FATALITY ANALYSIS REPORTING SYSTEM (FARS) 2014-2017 FINAL & 2018 ARF

Month	2014		2015		2016		2017		2018		2014-2018	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
January	213	7%	229	7%	202	6%	237	7%	228	7%	1,109	7%
February	167	5%	199	6%	227	7%	207	6%	209	7%	1,009	6%
March	271	8%	244	7%	280	8%	253	8%	241	8%	1,289	8%
April	237	7%	267	8%	255	7%	247	7%	238	8%	1,244	8%
May	273	9%	323	10%	319	9%	303	9%	285	9%	1,503	9%
June	279	9%	318	9%	341	10%	296	9%	266	9%	1,500	9%
July	278	9%	305	9%	324	9%	316	10%	285	9%	1,508	9%
August	313	10%	320	10%	303	9%	312	9%	248	8%	1,496	9%
September	265	8%	277	8%	288	8%	274	8%	289	10%	1,393	9%
October	292	9%	323	10%	310	9%	328	10%	273	9%	1,526	9%
November	337	11%	279	8%	301	9%	271	8%	255	8%	1,443	9%
December	265	8%	264	8%	274	8%	274	8%	224	7%	1,301	8%
Total	3,190	100%	3,348	100%	3,424	100%	3,318	100%	3,041	100%	16,321	100%

FALLS CHURCH, Va. (June 8, 2020)—Citing the fact that summer's arrival also ushers in that contiguous period (May–August) when the greatest number of U.S. teen traffic deaths occur[i], a Washington-metropolitan area alcohol education group is urging for parental involvement to combat both teen drinking and drunk driving this summer.

The Falls Church-based, nonprofit Washington Regional Alcohol Program (WRAP) is providing area parents of teens with “Tips for Parents.” WRAP’s tips, designed to inform Greater Washington parents on how best to deter teen drinking during the dangerous summer months, include:

- Talk with Your Teen...Studies time and time again have confirmed that parents can have a significant—if not most significant—impact as to whether their teens will engage in risky behaviors including the use of alcohol. Have open, caring, thoughtful, ongoing conversations on alcohol with your teen. Create clear family rules and expectations by setting a “no alcohol” rule and supporting such an environment with “zero-tolerance” consequences if such rules are broken.
- Lay Down the Law...The District of Columbia, Maryland and Virginia all have zero tolerance laws making it a crime to possess, purchase or consume alcohol if you are under 21.
- Beware of Your Civil Liability...In most cases, it's unlawful for parents to allow their children's friends to consume alcohol in their home. If these same “friends” are later involved in a crash, the providing parents may be responsible for injuries, property damages and wrongful death. These same parents may also face criminal charges of contributing to the delinquency of a minor.

“In 2018, an average of nine teenagers died in U.S. motor vehicle crashes every single day during the summer months,” said Kurt Gregory Erickson, WRAP’s President. “For too many parents, unfortunately, summer’s unstructured time may also be a

deadly time for their teenage children and their friends.”

In 2017, 24-percent of young drivers (ages 15 to 20 years old) killed in U.S. crashes had been drinking (with a blood alcohol concentration [BAC] level of 0.01 grams/deciliter or higher according to the National Highway Traffic Safety Administration). That same year, one-in-five (20%) young drivers killed in U.S. traffic crashes has a BAC of 0.08 g/dL or higher.[ii]

“Make no mistake about it, parents play an integral role in when and if their children drink alcohol,” said Erickson. “These tips are simply meant to reinforce their efforts to foster a healthy and safe summer for them and their teenage children.”

Founded in 1982, the nonprofit [501(c)(3)] Washington Regional Alcohol Program (WRAP) is a coalition of diverse interests using effective education, innovative programs and targeted advocacy to end alcohol-impaired driving and underage drinking in the Washington, DC metro area. Through public education, innovative health education programs and advocacy, WRAP is credited with keeping the metro-Washington area's alcohol-related traffic deaths historically lower than the national average. WRAP, however, may best be known to area residents via the organization's popular free safe ride service for would-be drunk drivers, SoberRide®. For more information, visit WRAP's web site at www.wrap.org.

[i] National Highway Traffic Safety Administration / Fatality Analysis Reporting System (2018 above)
[ii] <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812753>

Children's Eye Health: Impact of COVID-19 Pandemic

Help make eyeglasses available to children in DC and Prince George's County

We are navigating a tough time: a global pandemic that is disproportionately impacting low-income communities and people of color; another horrific murder of a black person by those charged with protecting citizens, and worldwide, large-scale demonstrations and calls for justice in the wake of these tragedies; and hampered access to goods and services, many of which have become more scarce, harder to come by and may gradually fall out of reach for many.

Not surprisingly, the most vulnerable among us are experiencing the brunt of these realities. They also face more

barriers and hurdles adopting what is required as society shifts to virtual programming. These swift and staggering changes mean our children will likely spend more time in front of screens: phones, tablets, computers, and TVs.

To prevent eye damage from this increased screen time, Lolita Munir, the owner of Sterling Optical-Iverson, has launched a campaign to make eyeglasses available to children in DC and Prince George's County. Ms. Munir wants to raise \$55,000, which will ensure that 4,000 children receive protective eyewear. She's already met close to 20

percent of her goal and produced 700 pairs of glasses that are ready to be given to children, if we can get the word out about their availability.

Here is a link to the GoFundMe campaign, which includes important eye health information: <https://www.gofundme.com/f/sterling-saves-sight>.

Our eyes are our window to the world. Now more than ever, being connected is essential...there is much to see, and much to do to ensure that our young people, especially, are not further disadvantaged because their vision is impeded.

—Dana Johnson

Black Bears Sports Group Announces “Black Bear Youth Hockey Foundation”

Seeks to Remove Financial Barriers to Youth Hockey

By ANDREW GOLDMAN
Maryland Black Bears Hockey

BETHESDA, Md. (June 10, 2020)—The Black Bear Sports Group has announced the formation of the Black Bear Youth Hockey Foundation, established to provide need-based aid to hockey players ages 7–17. Through individual grants and sponsored programming, the foundation's goal is to increase American youth hockey participation and ease financial burdens many families undertake to afford association dues both at the Tier 1 and Tier 2 level. The organization has applied for 501(c)3 status so that donations over \$250 will be tax deductible upon acceptance of this designation. Along with individuals, corporate donors may also participate in the donor program not only by making donations, but also by participating in roundup campaigns and other fund-raising methods.

Families and fans may apply for grants and make donations directly through the foundation website: <http://www.blackbearsportsgroup.com/foundation.html>

Foundation President Andrew Goldman is excited to bring affordable hockey to the next generation of players. “Youth hockey celebrates teamwork, skill and cultivates lifelong friendships,” said Goldman. “We understand the sacrifices families make to allow their children to experience this incredible game, and during these difficult times we felt this was the perfect opportunity to lend a hand to ease this burden.”

The foundation is the next step for Black Bear Sports Group (BBSG). Founded in 2015 to purchase aging ice rinks, BBSG brings much needed capital to rehabilitate arenas. The group is dedicated to bringing safe and fun environments to the communities they serve.

About the Black Bear Sports Group: BBSG owns and operates 15 arenas across the United States with a total of 27 sheets of indoor ice, two indoor turf fields, six youth hockey clubs and Junior “A” hockey franchises in the United States Hockey League, North American Hockey League and Eastern Hockey League.



MARYLAND DEPARTMENT OF TRANSPORTATION STATE HIGHWAY ADMINISTRATION MD 212A URBAN RECONSTRUCTION PROJECT

CONSTRUCTION STARTING THIS SPRING ONLINE VIDEO AVAILABLE

The Maryland Department of Transportation State Highway Administration (MDOT SHA) will soon begin work on the MD 212A (Powder Mill Road) Urban Reconstruction Project in Beltsville, Prince George's County. The project stretches about 1.3 miles from Pine Street to US 1. The purpose of the project is to improve pedestrian and bicycle safety and provide better access for people using public transportation. Work will include improvements such as roadway resurfacing, improved street lighting and landscaping, and added bike lanes. Construction is anticipated to begin late spring 2020 and continue through year end 2022.

For additional information, please view the online project update for MD 212A. MDOT SHA has prepared an online video that can be viewed at your convenience on a personal computer, smartphone, or tablet. This video update is approximately six minutes long and discusses the project details. Viewers will also have an opportunity to leave comments and ask questions in an online comment form.

For your convenience, there are three ways you can access the video:

MDOT SHA PROJECT PORTAL

To access the video using the Project Portal, go directly to: <https://bit.ly/MDOTSHA-MD212A-Project> or use the QR code show here. Both the video and the online public comment form are located under “Community Engagement”.

VISIT OUR FACEBOOK PAGE

To access the video using Facebook, please visit: www.facebook.com/MDOTSHA.



FIND US ON YOUTUBE

To access the video using YouTube, please visit: www.youtube.com/user/MDStateHighwayAdmin.

For more information about the MD 212A project, please contact:

Mr. Glen Chase, District 3 Project Engineer
Maryland State Highway Administration
9300 Kenilworth Avenue,
Greenbelt, MD 20770
Phone: (443) 717-0039
Toll-free: 1-800-749-0737
Email: GChase@mdot.maryland.gov

REQUEST FOR ASSISTANCE

The Maryland Relay Service can assist teletype users at 7-1-1. Persons requiring assistance to participate (interpreter for hearing/speech difficulties or assistance with the English language) should contact Mr. Chase.

June 2020
A-9033

Tim Smith, P.E.
State Highway Administrator



COMMENTARY

Marc Morial

President and CEO, National Urban League



To Be Equal:

It's Time For Congress to Eradicate the Last Legal Vestige of Lynching and Pass the Justice in Policing Act

"What we are witnessing is the birth of a new movement in our country with thousands coming together in every state marching to demand a change that ends police brutality, holds police officers accountable, and calls for transparency. For over 100 years, Black communities in America have sadly been marching against police abuse and calling for the police to protect and serve them as they do others. Never again should the world be subjected to witnessing what we saw on the streets in Minnesota with George Floyd."

—U.S. Rep. Karen Bass, chair, Congressional Black Caucus

Earlier this week, I had the honor to join George Floyd's brother, Philonise Floyd, and other advocates and activists in testifying to the House Judiciary Committee regarding the Justice in Policing Act. I shared the following:

Between 1882 and 1968, at least 4,742 people were lynched in the United States, the vast majority of them Black.

They were murdered, brutally, in retaliation for offenses such as failing to use the title "Mr." when referring to a white man, or accidentally bumping into a white girl while running to catch a train, or having any kind of dispute with a white person.

Their murders were often public spectacles, with thousands of white people gathered to witness the torture, mutilation, dismemberment, and/or burning of the victim.

It was almost inconceivable in the late 19th Century and the early 20th Century that a white person in the south would be prosecuted for the murder of a Black person. So, in 1922, the House of Representatives voted to make lynching a federal crime.

White supremacists in the Senate blocked the

bill. In over 200 attempts to pass anti-lynching legislation, the United States Senate blocked passage of such legislation. It was not until 2018 and again in 2019 that the Senate agreed to pass anti-lynching legislation by unanimous consent. And then on the National Day of Mourning to honor the death of George Floyd, one obstinate Senator returned the senate to its historic role of blocking the passage of anti-lynching legislation. The United States still has no federal anti-lynching statute.

Between 1954 and 1965, dozens of civil rights activists were murdered for trying to desegregate schools and register Black voters. Four little girls in Birmingham died in a church that was dynamited because it was used as a meeting place for civil rights leaders. The nation was confronted with the images of children being blasted with firehoses and mauled by attack dogs, and peaceful marchers being bludgeoned with nightsticks.

In 1964, Congress responded with the Civil Rights Act, and in 1965, the Voting Rights Act.

In the years since the murder of 17-year-old Trayvon Martin gave rise to the Black Lives Matter movement, dozens of unarmed Black Americans have died at the hands of police. Tamir Rice. John Crawford III. Philando Castle. Freddie Gray. Breonna Taylor. George Floyd.

Since 2015, police have shot and killed 1,291 Black people, 123 of them unarmed.

Ahmaud Arbery's killers weren't active police, but one had just retired from a 30-year career in law enforcement. As Ahmaud fell to the ground, fatally wounded, the gunman spat out an obscene racial slur.

This Congress must decide whether this is a 1922 moment, or a 1965 moment.

This Congress must decide whether to allow racist, violent police officers to continue slaughtering Black Americans with no accountability.

During the famous six-week filibuster in 1938, led by Georgia Senator Richard Russell and name-sake of the Russell Senate Office Building, Russell declared that anti-lynching legislation was "the first step in a program of such far-reaching importance and of such dire effect and consequences that it would strike down the civilization of the States which sent us to this body ... for other legislation of this type that we know will certainly follow."

If anti-lynching legislation passed, next Congress would pass laws "to control the requirements of suffrage and the qualifications of voters" within the states; "to enforce social equality ... wiping out all segregation of the races;" and "to strike down the laws of the several States which prevent the intermarriage of whites and blacks."

Richard Russell was wrong about a great many things. On this one issue he was correct. Congress did pass the Civil Rights Act of 1964 to outlaw Jim Crow segregation in places of public accommodation. Congress did pass the Voting Rights Act of 1965 to impose federal requirements to prevent voter suppression and ensure the right of Blacks to vote in this country. The only thing Russell was wrong about was the timing.

Now it's time for Congress to pass the Justice in Policing Act of 2020 to ensure that no person under color of law can act unilaterally as cop, judge, jury, and executioner in this country. It's time for the House, but more importantly, the Senate to fulfill its role in eradicating the last legal vestige of lynching and pass this bill.

Marion Wright Edelman

President Emerita, Children's Defense Fund



ChildWatch:

"We Struggle Together, We Thrive Together"

In the midst of this moment of national trauma I wanted to share a story of hope. When Jacquelyn Kendrick, program director at Roberts Family Development Center, heard her daughter say she had confronted a bully at school, Taylor went into "natural mom mode."

"Listen, Taylor, that's not your business," Kendrick recalls saying. "As long as your friend is safe, you get an adult."

Her daughter, however, had different ideas. She looked at her mother and pushed back.

"That's just not the Freedom Schools way," Taylor said. "We're not supposed to let our friends get picked on."

Taylor explained the whole event and why she chose to stand up for her friend. Kendrick was impressed with the values the CDF Freedom Schools® program had given her daughter and had no choice but to listen.

"You did a really good job, Taylor," Kendrick said. "What else could I say, right?"

Roberts Family Development Center (RFDC), founded by Derrell Roberts and his wife Tina Roberts, currently runs four CDF Freedom Schools sites in the Sacramento, California area. The program serves approximately 640 largely low-income

students. This summer they will provide a virtual CDF Freedom Schools program to keep serving students in their community.

Outside of the CDF Freedom Schools program, RFDC holds after-school programming and other youth programming and hosts and participates in civil rights events. The Center focuses not only on providing academic enrichment, but also providing mentorship and character development opportunities to help their scholars dream big and pursue their passions.

Derrell Roberts believes the CDF Freedom Schools program allows his organization to serve as part of a movement that both educates children about, and furthers the core tenets of, the Civil Rights Movement.

"We need to recognize that many of the challenges we had in the 1960s exist today," said Roberts. "Freedom Schools allows us to be on the side of good as it pertains to educating folks about the history we cannot forget."

The Children's Defense Fund helped draw Roberts to bringing CDF Freedom Schools programming to the Center. Roberts says CDF helped expand the services they could provide to their scholars. He even recalled one instance where the

association with CDF helped the Center receive far more funding than they would have in the past. The CDF Freedom Schools program has become a mainstay of his center as a result.

"Freedom Schools is who we are now," said Roberts. "We are part of Freedom Schools and Freedom Schools is a part of us."

A core part of the CDF Freedom Schools model that is especially important to the Sacramento sites is the concept of intergenerational leadership. For CDF Freedom Schools staff, this means serving as an example and mentor for younger staff and scholars, while inspiring them to serve as leaders and in turn learning from them. Roberts has worked to instill this idea throughout the Center's CDF Freedom Schools program.

"People who came through Freedom Schools are leading it now. People who came through Roberts are leading now in other spaces," said Roberts. "It's my responsibility to make sure that when you leave from Roberts you are capable and you are identified as a leader."

According to Roberts, Jayshawn Yancy, the site coordinator at Roberts Family Development Center's Rio Terra Junior High School site, serves as one example of a leader who has come through the Center and the CDF Freedom Schools movement. Following the death of Stephon Clark—who was 22 years old and unarmed when he was shot by two Sacramento police officers in 2018—Yancy participated in protests against police treatment of the Black community in Sacramento. Yancy was arrested while protesting, but in the process he stood up for what he believed in. Yancy believes the CDF Freedom Schools program plays a large part in spreading that leadership.

"That's big especially coming [from] the area we're serving in, like they see a lot of those folks doing something great on a bigger platform," said

Yancy. "And to really give them another option and allow that to be another path for some of these kids we're working with. That's what's awesome to me."

Roberts believes Yancy's leadership through protest has inspired the children they work with every day to see themselves as leaders in a larger movement. Leadership needs to exist both inside and outside of the Center, and according to Roberts, Yancy exemplified it that day.

Roberts aspires to do much more to help children in the Sacramento area. Roberts Family Development Center is currently pushing for a dedicated youth fund in California to ensure even more areas can fund their own CDF Freedom Schools programs. Mostly, however, RFDC is working to ensure the CDF Freedom Schools program serves as an effective place for scholars to grow into the leaders they all have the potential to be.

"We have this motto that says, 'we struggle together, we thrive together,'" said Kendrick. "[The Center's] purpose is to train all of us to go out and stand in our power and not forget that we still have a responsibility to level the playing field for our children and for ourselves."

CDF Freedom Schools programs were born out of 1964's Mississippi Freedom Summer, but their mission is as critical as ever as we work right now to build safe spaces and alternatives that affirm and empower children of color and struggle to free our children from racism, violence, poverty, and death. CDF Freedom Schools training centers around the example of the transforming justice warrior Ella Baker, who taught us more than fifty years ago that "Until the killing of Black men, Black mothers' sons, becomes as important to the rest of the country as the killing of a White mother's son—we who believe in freedom cannot rest until this happens." Her words remain a rallying cry for all of us who are still unwilling to rest.

Anthony Brown

Maryland Congressional District 4



Brown - Bacon Introduce Bipartisan Legislation to Rename Military Installations Honoring Confederate Leaders

WASHINGTON (June 11, 2020)—House Armed Services Vice Chair and 30-year Army veteran, Congressman Anthony G. Brown (MD-04) and 29-year Air Force veteran, Congressman Don Bacon (NE-02) introduced bipartisan legislation to establish a firm process to rename military installations honoring leaders of the Confederacy within a year.

Military leaders, active-duty troops, veterans, civil rights organizations and every day Americans have long called for changing the names of these

installations and acknowledging that the cause for which they fought was wrong. Recent, highly visible instances of racial violence and racism have underscored the immediate need for change. Last week, the Marine Corps and Navy banned the Confederate battle flag from all installations, ships and aircraft.

The legislation would form the National Commission on Modernizing Military Installation Designations. The Commission, composed of individuals appointed by service secretaries as well as

members of Congress, will review and make recommendations for renaming installations and department property which have designations not in line with the values of this country or the mission of the United States military.

"The symbols and individuals that our military honors matter. It matters to the Black soldier serving at an installation honoring the name of a leader who fought to preserve slavery and oppression. It matters to the culture of inclusivity and unity needed for our military to get the job done," said

Congressman Anthony Brown. "Removing these names will be another step in an honest accounting of our history and an expression that we continue to strive to form a more perfect union."

"As the most diverse and integrated part of American society, it is only right that our installations bear the names of military heroes who represent the best ideals of our Republic," said Congressman Don Bacon. "We owe this to ourselves, to our military, our veterans, and to every American who will answer the call. Now is the time to embrace our values, 'that all men are created equal and endowed by their creator with certain unalienable rights.'"

The U.S. Army currently has 10 bases and facilities named after leaders of the Confederacy. On Monday, Secretary of Defense Mark P. Esper and Secretary of the Army Ryan D. McCarthy said they were "open to a bipartisan discussion on the topic" of removing Confederate names from the bases. This legislation would put those words into action.

**Take 10 minutes and BE COUNTED!
Have YOU Completed the Census?
2020census.gov**

The Prince George's Post

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BUSINESS AND FINANCE

Social Security Matters

Ask Rusty:

When Should We Claim Our Benefits?

By RUSSELL GLOOR,
AMAC Certified Social Security Advisor
Association of Mature American Citizens

Dear Rusty: We served overseas for several years, not earning many quarters for Social Security. However, we have made sure that we paid in over time so we can receive a benefit, but it will not amount to much. For the past several years now, we have been back in the US, earning some professional salaries. Now it looks like at full retirement age my husband will get \$1147/month, and I will get \$1026/month. I was born in 1957 and my husband in 1956. Question #1: For the most financial benefit, when should we each start collecting SS (either now or at full retirement age)? And question #2: Will our amounts change because we are married and both collecting? **Signed: Overseas Worker**

Dear Overseas Worker: To answer your second question first, no, your benefit amounts will not change because you are married and both collecting. Based upon the numbers you provided, neither of you will be eligible for a "spousal boost" from the other because your benefit amounts at your FRA are too similar, so maximizing your individual benefits should be your goal.

As for your other question, when you should start collecting depends upon a number of factors, including your financial needs and, importantly, your expected longevity. Both of you can get the maximum benefit available to you by waiting until you are 70 years old to claim, but that only makes sense if you are in good health and expect at least average longevity (about 84 for a man and 87 for a woman).

If you claim benefits before you reach your full retirement age (66 ½ for you and 66 plus 4 months for your husband), those benefits will be cut. If you collect now, your benefit would be cut by about 27% and your husband's by about 22% (based upon your respective years of birth). Further, if you claim before your full retirement ages and continue to work, you'll be subject to Social Security's earnings test, which limits the amount you can earn before they take back some of your benefits (the 2020 earnings limit is \$18,240; if you exceed that they'll take back half of anything you earn over the limit). The earnings limit changes annually but goes away at your FRA.

At your full retirement ages, you'll be entitled to 100% of the benefits you've earned from your lifetime of working (approximately the amounts estimated now). If you can and do wait beyond your full retirement age (FRA), for each month you delay you'll earn delayed retirement credits of 2/3 of 1% per month of delay (8% per year of delay), up to age 70 when your maximum benefit is reached. As a point of information, if you wait until your full retirement age to claim, you will have collected the same amount of money at age 78 as if you had claimed at age 62; and if you wait until age 70 to claim you'll have collected the same amount of money at age 82 as if you had collected at your full retirement age. If you live at least until "average" longevity, you'll collect more in cumulative Social Security benefits by waiting.

So, when should you claim? If you're still working and earning "professional salaries", then waiting at least until your full retirement age would be a wise choice. If you expect at least average longevity and don't need the money right away, waiting until age 70 would be a prudent strategy. But if you don't work and expect less than average longevity, then claiming at any time you need the money would be a reasonable decision. This is a choice only each of you can make.

The 2.1 million member Association of Mature American Citizens [AMAC] www.amac.us is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a non-profit, non-partisan organization representing the membership in our nation's capital and in local Congressional Districts throughout the country. And the AMAC Foundation (www.AmacFoundation.org) is the Association's non-profit organization, dedicated to supporting and educating America's Seniors. Together, we act and speak on the Association members' behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at www.amac.us/join-amac.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadviser@amacfoundation.org.

Nonprofit Prince George's County Innovative Internship Program Become a Nonprofit Navigator

We're excited to partner with nonprofit organizations, subject matter experts and individuals who believe in our vision & mission and will work towards executing the goals that the leadership team has established. As an intern, you are expected to uphold Nonprofit Prince George's County's mission and vision.

Nonprofit Prince George's County's leadership team strives to make the work experience between the organization and its interns a success. To ensure mutually beneficial outcomes for Nonprofit Prince George's County and our interns, we have developed internship guidelines that detail Nonprofit Prince George's County's expectations of its interns and the organization. Students pursuing an internship through our program are asked to review the guidelines and contact the Nonprofit Prince George's County Internship Coordinator should you have any questions.

Right now, we are accepting applications for:

- Communications • Social Media • Research/Public Policy
- Development • Website/Graphic Design

To apply, please complete the "Internship Application" form: www.nonprofitpgc.org/internship-page-list. If you have any questions or experience any difficulty applying please contact us at internships@nonprofitpgc.org.

New PPP Rules Changes Give Small Businesses More Options

Bipartisan PPP Flexibility Act Helps Small Businesses Recover from COVID-19

By JACK SPIRAKES, MPA
U.S. Small Business Administration

WASHINGTON (June 8, 2020)—The recently enacted Paycheck Protection Program (PPP) Flexibility Act provides additional clarity and flexibility for small business owners to meet the requirements of the PPP loan program created by the Coronavirus Aid, Relief, and Economic Security Act. When the President signed the bipartisan legislation into law, it gave more time and discretion for when and how the loans can be spent to keep employees on payroll and keep up with accounts payable to further assist the nation's economy's recovery from COVID-19.

To date the SBA's Paycheck Protection Program has provided more than 4.5 million small businesses well over \$510 billion in potentially forgivable loans, directly ensuring 50 million American workers stay connected to their jobs.

"Small businesses and their advocates at all levels of government have spoken consistently about the PPP; it works and it's a success," said U.S. Small Business Administration Regional Administrator Steve Bulger, who oversees the agency's operations in the Atlantic and Mid-Atlantic Regions. "As we continue to combat the Coronavirus, our small businesses needed

more give when it comes to when, where and how to apply. The Flexibility Act puts the decision-making power in the hands of the business owners who know best how to keep their businesses afloat while serving their employees and their customers."

The SBA will issue rules and guidance, a modified application form, and a modified loan forgiveness application implementing the following amendments:

1. Extend the loan forgiveness period from eight to 24 weeks after loan disbursement. Borrowers who have already received PPP loans retain the option to use the eight-week covered period.
2. Lower the forgiveness requirement for borrowers to use 75% of loan proceeds and loan forgiveness amount be used for payroll costs to 60 percent. If a borrower uses less than 60 percent for payroll, the borrower remains eligible for partial loan forgiveness.
3. Provide loan forgiveness safe harbor based on reductions in full-time equivalent (FTE) employees for borrowers who are unable to return to the same level of business at which they were operating before February 15, 2020 due to compliance with COVID-19 requirements or guidance issued between March 1, 2020 and December 31, 2020 by the Secretary of Health and Hu-

man Services, the Director of the Centers for Disease Control and Prevention, or the Occupational Safety and Health Administration.

4. Provide loan forgiveness safe harbor based on reductions in FTE for borrowers unable to rehire employees or hire similarly qualified employees for unfilled positions by December 31, 2020.
5. Increase to five years the maturity of PPP loans approved by SBA (based on the date SBA assigns a loan number) on or after June 5, 2020.
6. Extend the deferral period for payments of principal, interest, and fees on PPP loans to the date that SBA remits the borrower's loan forgiveness amount to the lender (or, if the borrower does not apply for loan forgiveness, 10 months after the end of the borrower's loan forgiveness covered period).

Additionally, the new rules confirm that June 30, 2020 remains as the last date upon which a PPP loan application can be approved. More than \$130B remains in available PPP funding as of June 4.

The U.S. Small Business Administration makes the American dream of business ownership a reality. As the only go-to resource and voice for small businesses backed by the strength of the federal government, the SBA empowers entrepreneurs and small business owners with the resources and support they need to start, grow or expand their businesses, or recover from a declared disaster. It delivers services through an extensive network of SBA field offices and partnerships with public and private organizations. Visit www.sba.gov.

VIRTUAL EVENTS

Women's Entrepreneurs Conference

by Maryland Small Business Development Center

Wednesday, June 23, 2020 • 9 a.m.–12 p.m.
Registration Deadline: 6/23/20 8 a.m.
Fee: No Fee
Register: mdsbdc.ecenterdirect.com/events/16003
Point of Contact: Jennifer Funn 240-342-9410
Location: SBDC Virtual Event, College Park MD 20742-0001

Training Topics: Business Start-up/Preplanning, Government Contracting, Legal Issues, Woman-owned Businesses

This conference is a must if you want to learn how to tackle the challenges and stresses of your business, home, workplace and everyday life! Our expert panel will teach you strategies for stress management and provide you with tools and tip for growing your business.

* Keynote speaker
You'll leave with a plan that will help you succeed!

Mastering YOUR Credit in the Midst of Chaos

by The Ivy Community Charities of Prince George's County, Inc.

Join us for a free online video event with a panel of industry experts who specialize in various credit management areas.

Thursday, June 25, 2020 • 7–9 p.m.
Free • Register on Eventbrite

BE ON THE FOREFRONT of CREDIT TRENDS as a result of COVID-19.

During this webinar, you will learn the power you have to leverage your credit for financial economic success:

- Smart Money Moves Make Dreams A Reality—Sherry Jones, Mortgage Loan Officer
- Seeing YOUR Way Clear through Bankruptcy & Foreclosure—Frank Morris, II, Bankruptcy Attorney
- Tracking YOUR Credit to Win—Olive Idehen, Financial Credit Counselor
- Financial Coaching to Secure YOUR Legacy—Donna Hurley, Financial Coach

As the country refines its plan to reopen businesses to spur economic growth, Alpha Kappa Alpha Sorority, Incorporated®, Iota Gamma Omega (IGO) Chapter's Economic Legacy Committee is passionate about presenting you with the opportunity to hear from industry professionals who will share tools, education and resources to motivate and equip you to repair, rebuild and protect your credit.

MONEY

6 Tips for Refinancing Your Mortgage

(StatePoint) The recent economic downturn has caused many Americans to worry about their money, but there is at least one potential bright spot: lower interest rates. For homeowners, this means that it may be time to consider refinancing your mortgage. Refinancing can give you an opportunity to lower your monthly mortgage payments and save money by paying less interest over the term of the loan.

Here are six tips to consider if you are thinking about refinancing your mortgage.

- **Check Your Credit Score:** To determine if you qualify to refinance at a lower rate, lenders will look at any outstanding debt, such as credit cards, student loans or delinquent bank accounts. They will also check to see if you make your mortgage payments on time, which is a sign that you will reliably make future payments.
- **Shop Around:** Your current lender can work with you to refinance your mortgage to keep you as a customer, but

they might not be able to compete with the lower interest rates offered at other lending institutions. Do some research to find a new loan with terms and an interest rate that works best for your financial situation.

- **Be Prepared:** To make the refinancing process as seamless as possible for you and your lender, gather all necessary paperwork—pay stubs, bank and credit card statements, tax returns, and other key financial documents—before you start.
- **Understand the Terms of Your Loan:** Understanding both your current mortgage and the one you are pursuing is necessary to make smart, beneficial choices about refinancing and avoid "buyer's remorse" down the road.
- **Lower Your Interest Rate:** Most experts agree that if you plan to stay in your home for many years, it is worth the initial upfront cost to reduce your interest rate. But do the math to make sure that the amount of money that you will save in interest



PHOTO CREDIT © CHRIS RYAN / ISTOCK VIA GETTY IMAGES PLUS

over the expected repayment period will be more than the cost of refinancing.

- **Remember that a New Loan Usually Restarts the Clock:** You might reduce your monthly payments with a lower interest rate, but your savings may not add up if your new loan keeps you in debt longer (an extended loan term means more monthly payments). For this reason, consider shortening the term of your new loan by paying a little more each month. You could even continue making your old mortgage payments against the new loan, and thereby use your refinancing savings to

pay down your principal. You might also consider a loan with a shorter term to begin with, but this may affect available interest rates.

A Certified Financial Planner professional has the knowledge and experience to help you build a refinancing plan tailored to your financial needs and can help evaluate your different loan options. To find a CFP professional near you, visit letsmakeaplan.org.

Refinancing your mortgage can be a smart way to boost your savings and positively impact your overall financial plan. Be sure to lay the groundwork for the maximum benefits.

HEALTH AND SAFETY

Health Department Recommends COVID-19 Testing For Mass Protest Attendees

By GEORGE LETTIS
Prince George's County Health Department

LARGO, Md. (June 10, 2020)—Due to the higher risk of COVID-19 transmission at large gatherings, the Prince George's County Health Department recommends testing for those who attend or have attended mass protests. Information about testing in the County and the state can be found at health.mypgc.us/COVIDtesting.

"We stand in solidarity with all of you who call for social justice, accountability, and an end to racism," said Deputy Chief Administrative Officer for Health, Human Services, and Education Dr. George L. Askew. "We also want to keep you and others safe and well, so please take the time to be tested."

People who have been at large gatherings may not have symptoms but could still have the virus and spread it. According to the Centers for Disease Control and Prevention, the COVID-19 incubation period is anywhere from 2 to 14 days, with an average time of 4 to 5 days (for more details, visit this CDC webpage). The ideal testing window for individuals is within a week from the time of the event they attended. Even if the test is negative, it is recommended that they avoid close contact with others for 14 days after the event.

"Even if you wear a face mask or other personal protective equipment while participating, volunteering or working at a protest, you should get tested," said Prince George's County Health Officer Dr. Ernest Carter. "The more people we test, the better chance we have to contain the spread of COVID-19 by detecting and isolating infected people as well as anyone who may have come in contact with an infected person."

The Health Department offers free COVID-19 tests Monday through Friday by appointment only for individuals with or without symptoms who have been exposed to or suspected to have been exposed to a COVID-19-positive person. To make an appointment, please call the County's coronavirus hotline at 301-883-6627.

The County's testing sites accommodate testing for those in a car or on foot, but individuals must have an appointment to be tested. You do not need to be insured for testing. People who have testing prescriptions from health care providers must still make an appointment.

Appointments are available at the following testing sites operated by the Prince George's County Health Department:

ROLLINGCREST-CHILLUM RECREATION CENTER

6120 Sargent Rd, Chillum, MD 20782
By appointment only: Monday–Friday 10 a.m. to 6 p.m.
For appointments, please call 301-883-6627.

CHEVERLY HEALTH CENTER

3003 Hospital Drive, Cheverly, MD 20782
By appointment only: Monday–Friday 10 a.m. to 3 p.m.
For appointments, please call 301-883-6627.

The Health Department is working to open and operate additional testing sites in the northern, southern and central parts of the County later this month.

For more information about COVID-19 testing in Prince George's County, please visit health.mypgc.us/COVIDtesting.

State Fire Marshal Offers Grilling Safety Tips

STATEWIDE (June 11, 2020)—As the summer months unfold before us, families across Maryland continue to venture outside to the beach, the mountains or maybe just to their backyard. Increased outdoor activities also result in an increase of outdoor fire risks; therefore the Office of the State Fire Marshal is providing a few common-sense tips that will help Marylanders enjoy a safe grilling season.

Outdoor Cooking Safety Tips for Gas Grills:

- Liquefied Petroleum Gas (LPG) cylinders should always be transported in the upright position on the floor of the vehicle with all windows open. Never transport cylinders in the trunk of a car. Remove the cylinder from the vehicle as soon as possible.
- Ensure all connections are tight. Check all connections with soapy water. The appearance of bubbles indicates leaks, re-tighten leaking connections.
- Make sure grease is not allowed to drip onto the hose or gas cylinder.
- Store the cylinder (including those attached to barbecues), outdoors in a shaded, cool area out of direct sunlight.
- Read thoroughly and follow manufacturer's instructions for gas grill use. Save the instructions for later reference!

Outdoor Cooking Safety Tips for Charcoal Grills:

- Use only a small amount of charcoal starter fuel. A little goes a long way! Consider using charcoal that does not require starter fuel for ignition.
- Once a fire has been started, **never add more starter fuel!** Fire can easily follow the stream of fluid back to the container causing an explosion and potential serious bodily harm.
- Use great caution in disposing of ashes. Ashes may contain live coals that can start a fire if not disposed of properly. The safest method is to wet the ashes thoroughly with water before emptying the barbecue. Only transport ashes in a metal container.

Please be reminded that other than one and two family dwellings, no use or storage of hibachis, grills or other similar devices used for cooking shall be located on any balcony, under any overhanging portion or within fifteen feet of any structure.

With any outdoor cooking equipment, never be tempted to use them inside—not even in a garage with the door open or on a porch or balcony. **"Outdoor grills produce carbon monoxide, an odorless, colorless, and poisonous gas which, even in small quantities can cause injury or death. LPG cylinders that develop a leak indoors can cause an explosion with devastating results,"** stated State Fire Marshal Brian S. Geraci

Do's and Don'ts of Outdoor Fuel Use

(StatePoint) With stay-at-home measures in place, you may find yourself with extra time for getting a jumpstart on outdoor seasonal chores.

But first, you'll need to fuel up, as gasoline, kerosene and diesel fuel are all required for outdoor tasks like removing fallen tree limbs and power washing driveways. Follow this advice from the experts at Scepter to use fuel properly and safely.

Dispose of Old Fuel

"Safely dispose of any leftover fuel in containers from winter activities," says Daniel Marshall, vice president of marketing and business development with Scepter. "Winter fuel is heavier, and a unique blend. Fuel available in spring and summer is different and should be used for lawn care and sporting equipment."

You can safely dispose of a winter mix of gasoline, Marshall notes, by carefully

funneling it into your car so that a small amount of remaining winter fuel will mix in with the gasoline in your larger tank.

Selecting Containers

Inspect your existing fuel containers for cracks and leaks. If you find signs of aging, invest in new, durable fuel containers, like Scepter SmartControl. Available in one-, two- and five-gallon gas, kerosene and diesel sizes, these high-density polyethylene containers have child safety features for added protection. Additionally, their innovative spout design provides a clean and fast pour, helping save gas for where it's needed by eliminating spills. Their user-controlled flow valves and flame mitigation devices (FMD) make it easy and safe to direct the amount of fuel being dispensed.

See **OUTDOOR FUEL USE** Page A8

CVS Health Expands COVID-19 Testing in Maryland With 33 Additional Drive-Thru Test Sites

CVS Health is helping Maryland move forward by continuing to evolve and expand its approach to COVID-19 testing to meet the needs of consumers, the business community and populations disproportionately impacted by the virus.

As part of the company's ongoing commitment to helping to slow the spread of the virus and to support communities as they begin to safely reopen, CVS Health is expanding its COVID-19 testing program by announcing 33 additional test sites at select CVS Pharmacy drive-thru locations across Maryland. The opening of additional test sites on Friday, June 12 add to the 40 locations previously opened by CVS Health across the state, and are among more than 1,200 locations across 33 states and the District of Columbia.

- These new sites will utilize self-swab tests and will help enable the company's goal processing up to 1.5 million tests per month, subject to availability of supplies and lab capacity.
- Self-swab tests will be available to individuals meeting Centers for Disease Control and Prevention criteria, in addition to state and age guidelines.
- Patients must register in advance at CVS.com beginning Friday, June 12 to schedule an appointment.
- There are no out-of-pocket costs for these tests for both insured and uninsured patients.
- Patients will be required to stay in their cars and will

be directed to the pharmacy drive-thru window or a location in the parking lot at a few stores, where they will be provided with a test kit and given instructions.

- A CVS Pharmacy team member will observe the self-swab process to ensure it is done properly. Tests will be sent to an independent, third-party lab for processing and the results will be available in approximately three days.

Prince George's County New Testing Locations (Opened on June 12)

- CVS Pharmacy, 11100 Baltimore Avenue, Beltsville, MD 20705
- CVS Pharmacy, 1910 Crain Highway, Bowie, MD 20716
- CVS Pharmacy, 6001 Highbridge Road, Bowie, MD 20720
- CVS Pharmacy, 7012 Marlboro Pike, Forestville, MD 20747
- CVS Pharmacy, 8201 Oxon Hill Road, Fort Foote, MD 20744
- CVS Pharmacy, 11906 Livingston Road, Fort Washington, MD 20749
- CVS Pharmacy, 8601 Martin Luther King Jr. Highway, Glenarden, MD 20706
- CVS Pharmacy, 3714 Branch Avenue, Hillcrest Heights, MD 20746
- CVS Pharmacy, 7401 Annapolis Road, Landover Hills, MD 20784

Universal COVID-19 Testing at Jail Shows Positivity Rate Under Two Percent

UPPER MARLBORO, Md. (June 9, 2020)—The Prince George's County Department of Corrections began universal testing for COVID-19 by offering the test to everyone in its custody as soon as tests became available on May 19. Of 521 test results, there were six positive cases. This is a percentage rate of 1.1. All six asymptomatic individuals have completed quarantine and returned to general population.

"The Prince George's County Department of Corrections' low positivity rate is a result of consistently heeding to the recommendations and guidance of the Centers for Disease Control and Prevention and the Prince George's County Health Department. I am pleased with the correctional employees' willingness to adapt to new protocols in order to keep everyone at the facility safe," Department of Corrections' Director Mary Lou McDonough said.

A court appointed health inspector, Dr. Carlos Franco-Paredes, visited the facility for an inspection on May 7 and 8 before submitting a detailed report of his findings to the court. He wrote that the facility im-

plemented mitigating interventions, according to CDC guidelines, including halting all group activities, staggering recreation time, limiting the number of people out of their cells at the same time, providing inmates with masks, isolating sick inmates, making cleaning supplies available and providing education materials regarding COVID-19 to inmates.

"There were many reports that medical isolation rooms were unsanitary. We inspected rooms in the medical unit, which are currently empty and were clean," Franco-Paredes wrote in his report.

Correctional facilities in other states like Tennessee and Ohio have reported positivity rates over 50 percent when testing universally. The Prince George's Department of Corrections is continuing to test new commitments for the virus. As the virus remains present in the community, the Department will keep taking every precaution to maintain the safety of detainees and employees.

—Andrew R. Cephas
Prince George's County Department of Corrections

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JUNE 24
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AGES 14-19

HEALTH AND WELLNESS

HEALfest 2020 Provides Virtual Space for Mental Health During This Challenging Time

By PORTIA RICHARDSON
Tumaini DC, Inc

WASHINGTON (June 5, 2020)—On Saturday, June 27, 2020 from 9 a.m.–3:30 p.m., Tumaini DC, Inc. will host HEALfest 2020: Navigating the New Normal, a virtual mental health and wellness conference for people of color that will provide the space & opportunity to show up as our authentic selves, process all that is happening around us and prioritize mental wellness.

Hosted by Danni Starr, former Media Personality and Author of “Empathy and Eyebrows”, HEALfest attendees will engage in interactive sessions facilitated by licensed therapists and experts in the mental health and wellness field. They will learn strategies for addressing and overcoming trauma, navigating the social injustices in our community, digging deeper into our awareness of self, learn how to better manage relationships during crisis, release self-sabotaging behaviors, get the scoop on effective self-care practices, and engage in a guided yoga & meditation session to ground ourselves and create peace amidst the challenges we face.

Tickets to HEALfest 2020 (@healfestglobal) can be purchased at www.healfestglobal.com. 100% of the proceeds from HEALfest will support Tumaini DC's 2020 Virtual Social and Emotional Learning Academy for youth in marginalized communities across Washington, DC. During these uncertain times, Tumaini DC, Inc. remains committed to ensuring that every student is able to receive a high-quality educational experience and has the necessary support to thrive in school and in life. In response to the outbreak of COVID-19 and school closures, Tumaini DC, Inc. has organized a 5-week distant/ eLearning academy that teaches students the following social and emotional learning skills: self-awareness, social awareness, relationship skills, responsible decision-making, and self-management. To learn more about our efforts, visit our website www.tumainidc.org.

Tumaini DC, Inc (@tumainidc) is a 501(c)(3) non-profit organization that transforms communities and schools through social and emotional learning. Through structured programming, professional development and curricula, we create pipelines for youth and adults of color to thrive both personally and professionally.

Independence Now Reveals New Brand Identity

New logo, color palette, and Instagram profile reflect organization's values and ethos.

By SUSAN LARSEN
Independence Now

SILVER SPRING, Md. (June 5, 2020)—Independence Now, a resource and advocacy center that promotes independent living and equal access for people with all types of disabilities, announced today the launch of its new brand identity including a redesigned logo, color palette, and Instagram profile. These changes come at a time when the organization is diversifying its service offerings to provide resources for consumers as they navigate the barriers of COVID-19.

“Our goal for this change was to create an identity that illustrates our values and ethos,” said Sarah Basehart, Executive Director of Independence Now. “We believe this new look better reflects our vision that people with disabilities live fully inclusive lives through empowerment, individual choice, and self-direction.”

The teal color of the logo pays homage to Independence Now's history and retains accessibility standards while also providing a fresh new look and feel. An amalgamation of the initials “I” and “N,” the logo's primary feature is the incorporation of a human silhouette pushing forward in a wheelchair and giving the whole image a sense of forward motion.

The refreshed website presents a new color palette yet remains 508 compliant and retains important accessibility features such as color contrast, skip navigation, and fonts that are sized in relative units. Independence Now's new brand identity also includes a new Instagram profile that features illustrated personal stories from the organization's consumers, community, and partners.

Independence Now continues to work with the community and partners to offer resources to consumers as they navigate the barriers of COVID-19. Organization staff are working remotely to share information, respond to requests, and offer peer support and independent living skills training through live streaming and other accessible technology. Independence Now has also partnered with the USDA and Kingdom Fellowship AME Church to distribute non-perishables and fresh food boxes to 25 consumers who face significant obstacles to food access during the pandemic.

Independence Now advocates and embodies independence and equality for all people with disabilities. As a member of a nationwide network of Centers for Independent Living, Independence Now is a nonprofit organization designed, governed, and staffed by people with disabilities and serves consumers residing in Montgomery and Prince George's Counties, Maryland. Visit innow.org to learn more or follow us on Facebook, Twitter @InNowOrg, and Instagram @independencenow.



University of Maryland Student Publishes Book to Inspire Others to Keep Working Amidst the Pandemic

The current sophomore, pre-med student, and free-lance personal trainer aims to encourage and educate anyone who has fitness goals but needs some assistance. This book is based on real students he has trained.

(May 17, 2020)—University of Maryland Sophomore, Arinze Okeke, has experienced every aspect of fitness training imaginable: from playing four sports, to two rehabilitations, to countless personal training sessions. All of these experiences along with the life lessons learned from each now appear in his eye-catching novel. “Personal Training: The Art of Triumph” is a three part book that highlights three peers Arinze has trained. Each peer is African American and represents an internal conflict that we all face, when trying to reach a fitness goal. See how each character manages to balance family life, college, and individual fitness endeavors as we all do in our own lives.

Arinze Okeke is a 20-year-old Nigerian male currently completing his sophomore year of college at the University of Maryland, College Park. While working diligently towards becoming an orthopedic physician in the future, he is living out one of his passions in free-lance personal training. Arinze has made it his duty to help his peers reach their fitness goals. Arinze got inspired to write this piece at the beginning of his school's winter break from a conversation with a family friend, in which they discussed setting himself apart as a black medical school applicant. Seeing how fitness has changed his life and his immediate family members', Arinze has set out on a journey to help as many individuals as possible reach their own goals and this book was the perfect way to do just that.

“Personal training is a path that showed me that you can achieve anything you put your mind, soul, and body into.” Because Arinze has been inspired so much while reaching different fitness goals for himself, he would like to inspire as many people as possible before his time on this earth is up. In this book, he reveals how lessons learned from working towards a personal health objective can easily be applied to everyday life. Arinze said seeing that this book is now purchasable on Amazon and will ultimately become his legacy is truly a dream come true. This is only the beginning for Arinze!

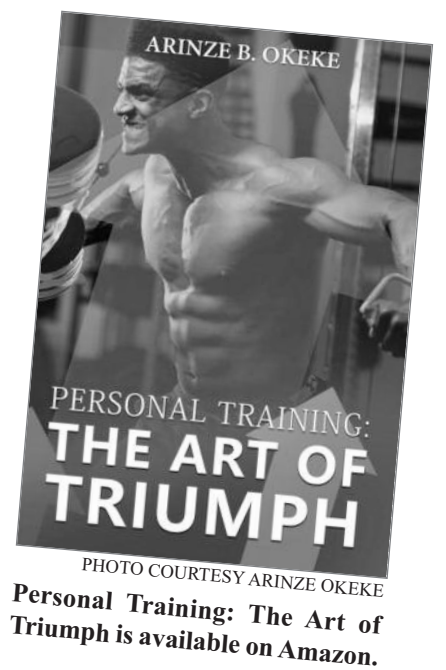


PHOTO COURTESY ARINZE OKEKE
Personal Training: The Art of Triumph is available on Amazon.

M-NCPPC, Department of Parks and Recreation Announces Registration for Virtual Summer Clubhouses

By KIRA CALM LEWIS
Department of Parks and Recreation

RIVERDALE, Md. (June 10, 2020)—The Maryland-National Capital Park and Planning Commission (M-NCPPC), Department of Parks and Recreation announces the registration for our virtual Summer Clubhouses beginning Monday, June 15, 2020, at 9 a.m. Parents and guardians can go online to view the guide at pgparks.com/Virtual-Summer-Clubhouses and review all of the options.

Summer Clubhouses will be available for youth, ages 6 to 17, (up to 21 for Therapeutic Recreation programs), from June 29 through August 14. Registration begins for Prince George's County residents only on June 15 and for everyone else on June 22. A PARKS DIRECT account is required for registration. Cost is \$10/per one week session. *The June 29th week sessions are \$8/week (due to the July 3rd closure) for the Independence Day Holiday.

“In addition to keeping our parks and outdoor spaces open for activities and recreation, we wanted to provide engaging and creative activities for youth this summer, in a safe and responsible way,” states M-NCPPC, Department of Parks and Recreation Director, Bill Tyler. “As soon as our facility doors closed, the recreation programmers began creating content for an online experience that young people enjoy. We are offering activities

to make them move, to make them think, to make them imagine and create, and just let them have some fun. It is summer after all,” concludes Tyler.

The Virtual Clubhouses are designed to provide a safe space online for youth to engage with their peers. Clubhouses will help youth build confidence by learning new experiences and enhance academic success through continued structured programming utilizing the Microsoft TEAMS platform, download at www.microsoft.com/en-us/microsoft-365/microsoft-teams/download-app.

A variety of activities will be available including STEAM, sports, arts, music, theater, and more. Some of the Clubhouses include:

- **About that Healthy Life Clubhouse**, which promotes fitness, nutrition, and developing a positive self-image.
- **Visual Arts Clubhouse** that will include weekly topics such as ceramics, drawing, painting, comic-con, manga, and photography.
- **Virtual Clubhouses** offered in Spanish only including “Fotografía: La belleza esta en los ojos de quien la observa.” Participants must have a high proficiency level in Spanish to participate.
- **Athlete Prep Clubhouse** which will help teens prepare to become an NCAA student-athlete by gaining off-the-field preparation including SAT prep and the use of social media.
- **Therapeutic Recreation Summer Enrichment Virtual Clubhouse** that is designed specifically for Prince George's County youth and teens with disabilities. Activities will include arts, crafts, games, environmental education, and more.

ment **Virtual Clubhouse** that is designed specifically for Prince George's County youth and teens with disabilities. Activities will include arts, crafts, games, environmental education, and more.

- **Exploring Nature and History Clubhouse**, which will include activities that help young people learn the history of their family trees, take a virtual “ride” down the Patuxent River and uncover untold stories of Prince George's County.

Please contact the Customer Service Help Desk at CustomerService@pgparks.com or, 301-699-2255;

TTY: 301-699-2544, for questions about your PARKS DIRECT account.

The Department of Parks and Recreation delivers an award-winning park system through progressive, innovative leadership and a commitment to the community and the environment in Prince George's County. For more on the Department of Parks and Recreation, visit www.pgparks.com and stay connected on Facebook, Twitter, Flickr, YouTube, and Instagram. The M-NCPPC, Department of Parks and Recreation encourages and supports the participation of individuals with disabilities in all programs and services. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

More Than 1,600 COVID-19 Patients Share Recovery Stories And Access Resources on CovidCONNECT Website

Maryland Department of Health's new website offers webinars, information about clinical trials and virtual support groups

By OFFICE OF COMMUNICATIONS
Maryland Department of Health

BALTIMORE (June 11, 2020)—The Maryland Department of Health (MDH) today announced that more than 1,600 recovered COVID-19 patients have registered with CovidCONNECT, a new statewide online forum that offers resources and support.

CovidCONNECT allows participants to share COVID recovery experiences and access mental health resources, information about new clinical trials, plasma donation opportunities and virtual supports specific to those affected by the disease.

Many recovered patients have offered testimonials on the site and candidly talk about their experiences. Some of these testimonials are being used as informational videos to be shared through social media and other platforms across the state.

“Those who have recovered from COVID-19 have a huge part to play in fighting this virus,” said Governor Larry Hogan, who announced the development of CovidCONNECT in April. “Johns Hopkins, the University of Maryland and the National Institutes of Health (NIH) have already reached out to provide current information about clinical trials directly to recovered patients through this platform.”

CovidCONNECT recently began offering live webinars for participants, with the first

hosted by Dr. Miriam Laufer, professor of Pediatrics and Malaria Research Program Director at the University of Maryland School of Medicine's Center for Vaccine Development and Global Health. The webinar focused on the University of Maryland's COVID-19 Post-Exposure Prophylaxis (PEP) Study. Another webinar last week, hosted by Evan Bloch, associate professor of pathology at Johns Hopkins Medicine, focused on a convalescent plasma study.

In the coming weeks, the site will be adding virtual support groups, working closely with NAMI Maryland (National Alliance on Mental Illness), which will help MDH facilitate the groups and train peer facilitators.

“When we launched CovidCONNECT, we had 800 people register in just the first week, which was beyond our expectations,” said Secretary of Health Robert R. Neall. “This resource has been embraced by many who have recovered from the disease, and we will continue to develop and add features that keep it relevant and useful.”

Those who have joined CovidCONNECT said they were inspired to connect with others who have been through some of the same experiences. They also are motivated to give back through participation in plasma donation or research.

“I personally know more than 10 people who have lost their lives to this virus, and another 20 who have pulled through. But unless you

have it or have been touched by it, I guess it is hard to understand how difficult it is,” said Michele Spaulding, 62, who is featured in one of the COVID recovery stories. “Maybe my story will help others get through a difficult time, because this is hard mentally, as well as physically.”

Deputy Health Secretary Fran Phillips, a driving force behind the creation of CovidCONNECT, added: “So much is unknown about this virus, so we believe people need a place to connect, learn, and perhaps find new ways to contribute to research. It gives people a sense of empowerment in a crisis, which in other ways may feel beyond our control.”

Another member, Elizabeth Bauer, said the site gave her a sense of hope. “I wanted to join because I was looking for a support network. I felt very alone in the early days of the illness, as there were no resources and I didn't know anyone else who had actually tested positive,” she said. “In sharing my story, I hope others will learn from it and will find comfort in knowing we are not alone.”

If you have personal experience with COVID-19 and would like to register for CovidCONNECT, sign up here: health.maryland.gov/covidconnect

Information and resources regarding COVID-19 are available at coronavirus.maryland.gov.

Even though some restrictions are lifted, please continue to:

Wear a mask • Practice physical distancing • Wash your hands often, for at least 20 seconds

